

TIP SHEET Nº2

HELP FOR MENTAL HEALTH

HOW DO YOU FEEL?

It is normal and legitimate to feel anxious and uncertain related to COVID-19.

You may feel anxious, frustrated, disappointed and lonely. Whilst staying at home may be a relief at some level, children may be worried about a keeping up with study, missing friends and activities and how to cope with family stress. Parents too will be concerned about a range of things. It is important to remember that “this too shall pass” or in other words it won't last forever.

Most of us will cope well - turning our anxiety into action, getting informed, taking action for our health and protecting others and doing our bit to help out the community. There may even be some personal and societal growth as we all learn from the experience of slowing down and spending our time closer to home and family. However, in the meantime many of us are going to be stressed, and some of us will need support for our mental health. Even during the staying at home phase, support will be available online and on the phone. Reach out and talk to your current health providers or use the resources below to find what you need.

RESOURCES FOR CHILDREN AND YOUNG PEOPLE

- [Youthline](#) or 0800 376 633 or text 234 (free)
- [Kidslines](#) - 0800 543 754 (0800 KIDSLINE)
- [The Low Down](#) or text 5626
- [Barnardo's What's Up?](#) or 0800 942 8787
- [Aunty Dee](#)

APPS TO TRY

- [Smiling Mind](#)
- [MindShift](#)
- [Moodgym](#)
- [CALM](#)
- [Headspace](#)
- [Moodtools](#)



RESOURCES FOR WHANĀU AND FRIENDS

- Skylight - 0800 299 100
- [Supporting Families](#)
- [Mental Health Foundation of NZ](#)
- Health and Wellbeing of Pasifika: [Leva NZ](#)
- Parent Help Line 0800 568 856

HELPLINES AND RESOURCES FOR EVERYONE

- Need to talk? 1737 or text 1737 for counselling and support
- Depression Helpline - 0800 111 757 or free text 4202
- [Anxiety New Zealand Helpline](#) 0800 2694 389
- Lifeline - 0800 543 354 or free text 4357 or [Life Line](#) for counselling and support
- Suicide Crisis Helpline - 0508 828 865 - for specialist suicide prevention support and counselling
- Samaritans - 0800 726 666 or for general support [Samaritans](#)

SELF HELP FOR MENTAL HEALTH

- [Looking After Yourself](#)
- www.justathought.co.nz
- www.cci.health.wa.gov.au/resources/consumers.cfm
- www.beatingtheblues.co.nz
- www.sparx.org.nz
- thiswayup.org.au

COVID-19 STRESS RESOURCES

- [Coping with Stress](#)
(Source: World Health Organisation)
- [Coping With Covid-19](#)
(Source: Mental Health Foundation of NZ)
- [Managing Stress of Covid-19](#)
(Source: CDC)
- [Ministry of Health Wellbeing Advice](#)

PARENTING SELF CARE AND MENTAL HEALTH

- Parenting is a demanding role, and even more so during community crisis.
- [Maggie Dent Self Care for Parents](#)
(Source Maggie Dent)
- [Parent Mental Health Toolkit](#)
(Source: Health Central)

For Mental Health Emergencies call Healthline for details of the Crisis Team in your area
0800 611 116 or call 111

Adapted from the Covid-19 Wellbeing Guide for Schools, with permission from and acknowledgement of Julie McCormack, Clinical Psychologist Family Psychology and Sian Carvell, Future Curious Limited.